



SECTION ONE Standard House Diets

Diet manual

General Diet

Regular Diet

General Description

The regular diet is intended to provide a nutritionally adequate intake from a wide variety of foods. In accordance with the U.S. Dietary Guidelines for Americans¹, incorporation of foods which are low in fat and cholesterol, and high in dietary fiber are encouraged.

Indications for Use

The regular diet is appropriate for patients requiring no dietary restrictions.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is adequate in all nutrients except as noted. Calcium requirements for pregnant and lactating women necessitate 4 servings of milk or dairy products per day. An iron and folate supplement may also be indicated during pregnancy and lactation to meet increased needs for these nutrients.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Juice	Soup	Meat or Substitute
Cereal	Meat or Substitute	Potato or Substitute
Egg or Substitute	Potato or Substitute	Vegetable
Whole Wheat Toast	Vegetable	Salad/Dressing
Margarine	Salad/Dressing	Dessert or Fruit
Milk	Fruit	Whole Wheat Bread
Beverage	Whole Wheat Bread	Margarine
	Margarine	Milk
	Beverage	Beverage

References

1. U.S. Department of Agriculture, Agricultural Research Service, Dietary Guidelines Advisory Committee, 1995. Report of the dietary guidelines advisory committee on the dietary guidelines for Americans, 1995, to the Secretary of Health and Human Services and the Secretary of Agriculture, 58pp.